



WELCOME TO GRADE - 2 PBL CULMINATION 2025-26

**BHAGYALAXMI SARLA GURUSAHANI MEMORIAL (BSGM) SCHOOL
AND JUNIOR COLLEGE (SCIENCE), GURUSAHANI NAGAR, N- 4, CIDCO,
SAMBHAJI NAGAR, 431003**





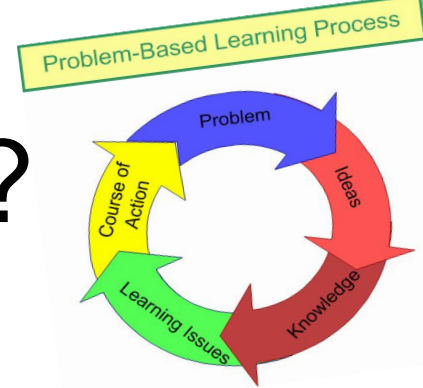
Project Name: 'Healthy Bites, Happy Lives'



A Project by : Grade 2



What is PBL?

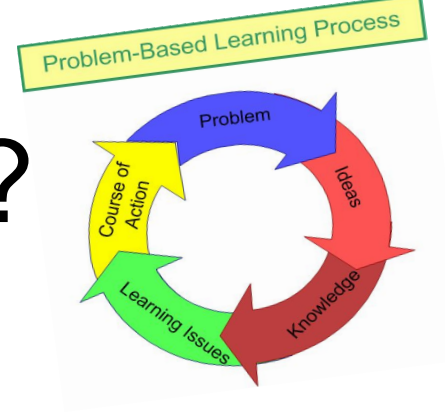


- Project based learning is a teaching method in which we learn about a topic by working in groups.
- It is also a student-centered teaching method where we gain knowledge and skills by working on a real-world problem.





What is PBL?



We meet experts who teach us new things.

We go on trips to see and learn from real places.

My teachers always support and guide us to do things again to make them better.





Objective of the Project

We, the students of Grade 2, of Bhagyalaxmi Sarla Gurusahani Memorial School launched the project **'Food We Eat'** for making all of us understand the need & importance of food for all living beings & to know about different types of foods and their impact on our health.





Objective of the Project

1. To know why we need food.
2. To learn about different types of food.
3. To understand healthy and unhealthy food.
4. To know where food comes from.
5. To learn about meals we eat.





Overview of the Project

1. Food is very important because it gives us energy to play, learn, and grow.
2. We eat different kinds of food that come from plants and animals.





Overview of the Project

1. We also learnt about meals we eat in a day.
2. We understood how to choose good food that keeps us strong, healthy, and happy.





Launch of our Project





Project Launch Activity

- We were asked to play on a playground for an hour. We felt hungry and thirsty; however teachers asked us to wait.





Project Launch Activity

- Just a delay of a few minutes made us understand the need for food.





Project Launch Activity

- Discussion was held on the importance of eating food on time.
- Discussion was extended by showing us a video followed by questions/answers.





Project Launch Activity

- We shared about foods which we brought in our tiffin and their health benefits.
- We got to know that not all of us are eating health foods.





Project Launch Activity

- So, we decided to learn about healthy food full of nutrition and make a diet chart.
- We made this chart to remind us to eat well.





Glimpses of Interactive Session





Glimpses of Interactive Session





Glimpses of Interactive Session





Field Visit to Annamitra Foundation

- We visited 'Annamitra Foundation' as a part of our field trip.
- We got a practical exposure about how the food is processed and packed through real observation and interaction with an expert.





Field Visit to Annamitra Foundation

- We also learnt the importance of cleanliness while cooking the food.
- We understood the ingredients of the product and their nutritional value being essential in our diet for good health.





Field Visit Glimpses!





Field Visit Glimpses!



Expert's Corner

- Dr. Shweta Bathija - our expert shared about food plate & 3 kind of foods.
- She also explained about eating healthy foods & types of meals.
- Further, she talked about liquid is essential part of our diet.





Expert's Corner

- Additionally, she emphasized more on eating healthy foods rather than junk food for good health, and also include liquids in our diet.
- Through expert talk, we understood the importance of eating good food on time to keep us healthy & strong.



Expert's Talk Glimpses





Expert's Talk Glimpses





Subject Integration



We have integrated English Literature, Grammar, Math, EVS, Hindi, Marathi & Arts while working on our project & it was a good experience for us.





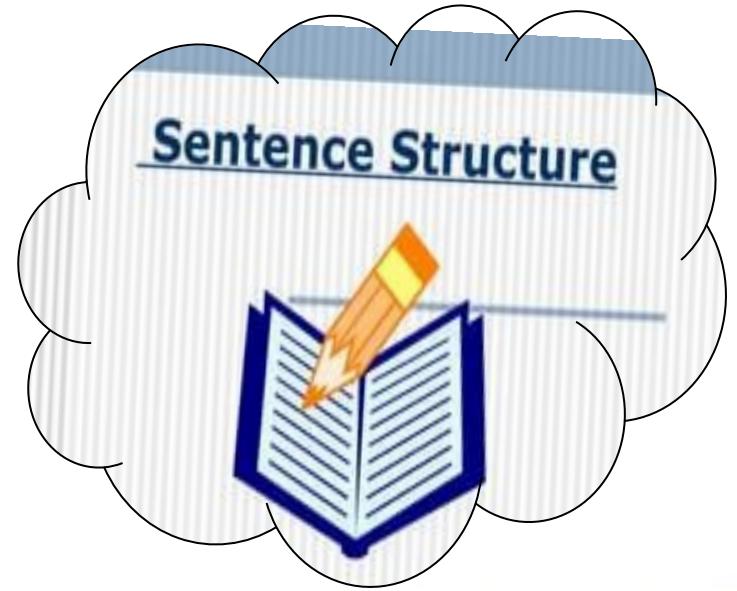
English Literature

In English Literature, we did the lesson, 'What Makes Me' through which we realised the importance of a healthy mind & body. It also described the functions of the body parts.



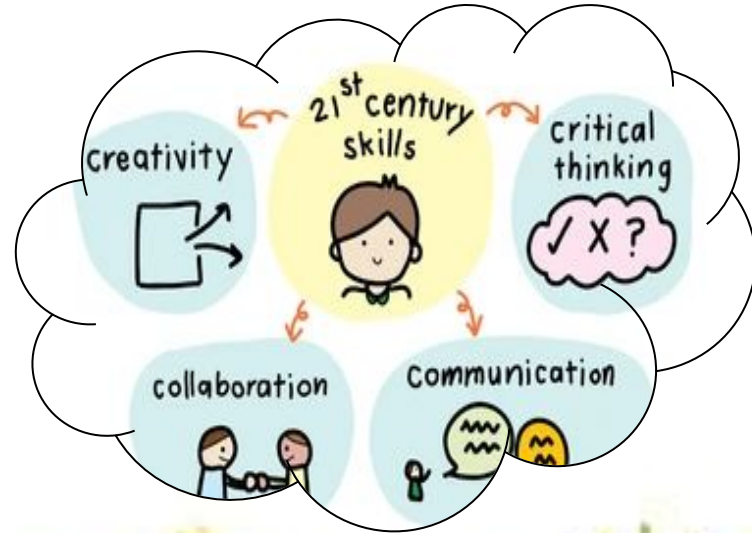
In English Grammar, we focused on:

- ❖ Vocabulary Building
- ❖ Proper Sentence Formation
- ❖ Question Framing Skills
- ❖ Punctuations



Apart from 'academic skills', we also developed other 21st century life skills, such as :

- ❖ Confidence
- ❖ Creativity
- ❖ Team work
- ❖ Critical Thinking &
- ❖ Communication Skills





Math

- In Maths, we learnt to identify, sort and compare the shapes found in various foods, like fruits and vegetables.
- We also learnt how we can use various shapes to make our tiffins (food) look more attractive and fun to eat.





EVS

- In EVS, we have made charts of different types of food, like Energy Giving food, Body Building food & Protective food.
- We learnt about Healthy Eating Habits.
- We understood the importance of food for health and growth.





EVS

- We classified food as Healthy food and Junk food.
- We also learnt about 2 main food sources, i.e. Plant and animals.



Hindi

- ईद का त्योहार इस पाठ से हमने सीखा कि त्योहारों में हम स्वादिष्ट खाना खाते हैं ।
- ज्यादा मीठा और तला हुआ खाना हमारी सेहत के लिए हानिकारक है।



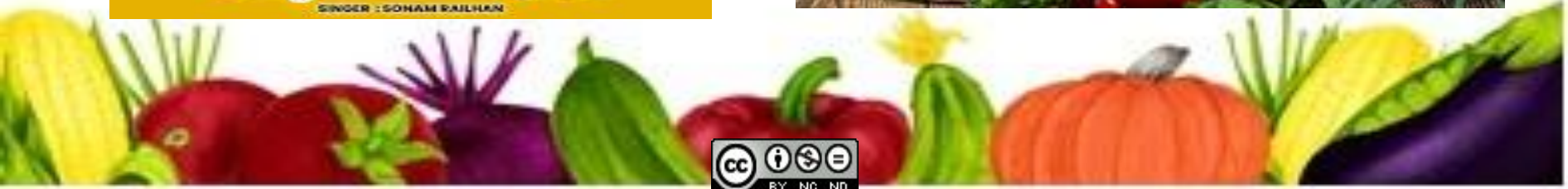
Hindi

- त्योहारों में भी हमें यह सुनिश्चित करना चाहिए कि हम स्वस्थ और संतुलित आहार लें ।
- संतुलित भोजन हमारे शरीर को मज़बूत बनाता है और बिमारियों से बचाता है।
- स्वस्थ शरीर ही सबसे बड़ी संपत्ति है । इसलिए स्वस्थ खाओ, खुश रहो !





Students presenting a melodious song!



Marathi

इयत्ता २ री च्या 'HEALTHY BITES, HAPPY LIVES' या प्रकल्पाद्वारे “वाढदिवस” या पाठातून आहाराचे आपल्या जीवनात किती स्थान आहे हे समजलो. वाढदिवसाला आपण बाहेरील पदार्थ जसे पिट्झा,बर्गर,केक, कोल्ड्रिंक यासारखे रेडी टू इट पदार्थ मागवतो.त्यामागे त्याची स्वच्छता, ताजेपणा माहित नसतो.याचा आपल्या आरोग्यावर परिणाम होतो.



Marathi

याउत्तम पौष्टिक पदार्थ म्हणजे फळे ,भाज्या यांचा आपल्या आहारात योग्य उपयोग केला तर आपले शरीर सुदृढ होण्यास मदत होईल. संसर्गजन्यरोगापासून आपला बचाव होईल.आजकालच्या नवनवीन पाहुण्या रोगांशी लढण्यासाठी आपले शरीर ढालीसारखे तयार होईल व आपण एक सुदृढ,सक्षम भारताचे नागरिक होऊ.





Students performing a skit based on importance of eating vegetables!



Arts

In Arts, we learned to draw pictures of healthy foods in fun ways by using colours, shapes and imagination.



Arts

We created border by using the pictures of vegetables, fruits and different food items for our diet chart.





Student's Drafts!



Student's Drafts!





Student's Drafts!





Purpose of Making a Diet Chart!

- A balanced diet helps build strong bones, muscles, and supports brain development.
- Teaching children what to eat helps them make healthier food choices throughout life.





Purpose of Making a Diet Chart!

- A good diet gives them the energy to stay active and concentrate better in school.
- It helps include all food groups — fruits, vegetables, grains, proteins in the right amounts.

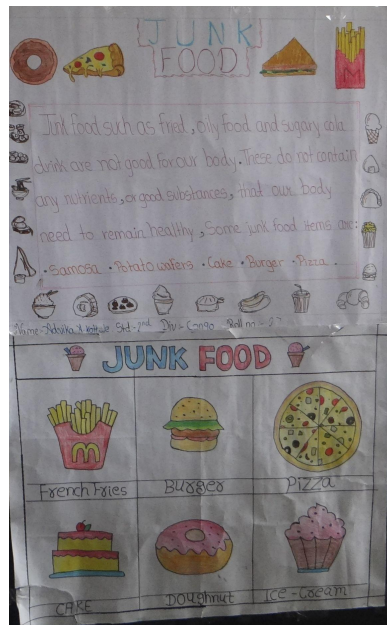




Diet Chart Inauguration!

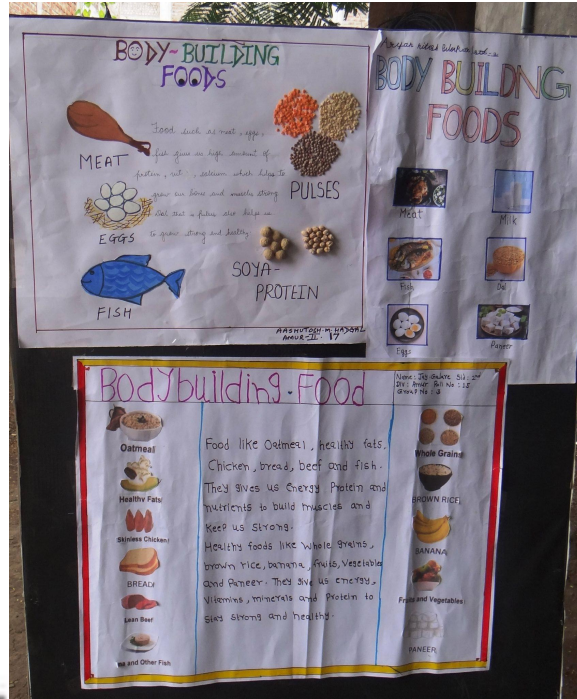


Diet Chart Inauguration!





Diet Chart Inauguration!



Diet Chart Inauguration!





Diet Chart Inauguration!

NAME : Amur Sachin Kharat
STD : II
Section : Congo
Roll No : 25

* Junk Food *

Junk foods such as fried, oily food and sugary cola drinks are not good for our body. They do not contain any nutrients, or good substances, that our body need to remain healthy.

Some junk food items are :

 Pizza	 Burger	 French fries	 Cold drinks
 Ice cream	 Samosa	 Nada pan	 Hotdog
 Potato chips	 Ladi pan	 Noodles	 Kachori

Types of Meals

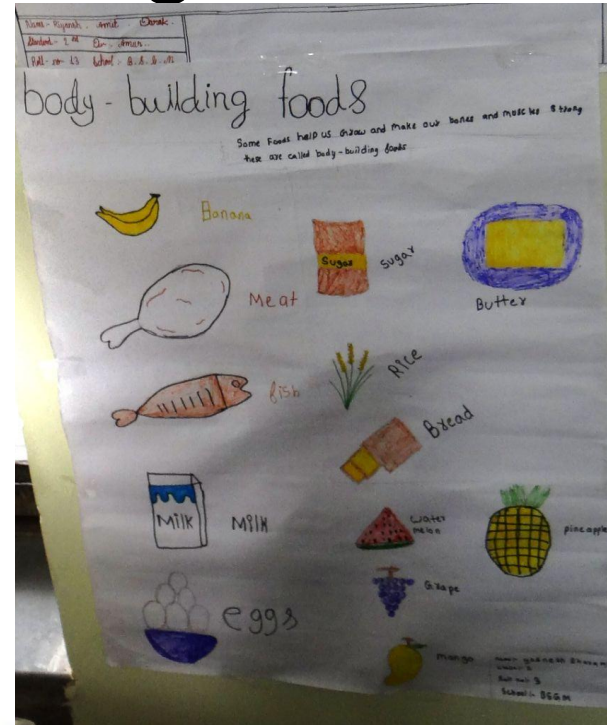
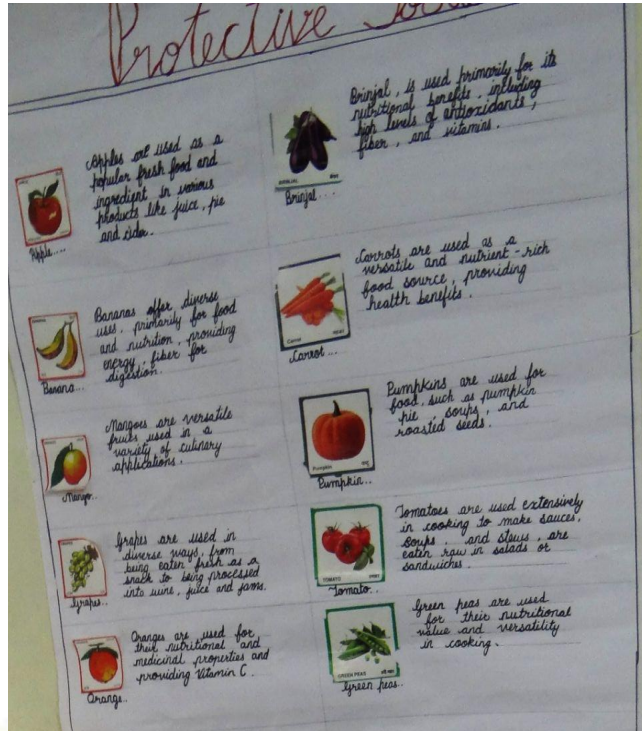
Meals of the Day	Food Items
Breakfast	Milk   
School Start Breakfast	Fruits : Poha, Dahi, Ladoo Boiled corn    
School Lunch	Chapati, vegetables juice, paratha moong, dal, shabudana     
Lunch at Home	Dal, rice curry, dahi Milk, roti      
Evening Snack	Milk, fruits, fruit juice     
Dinner	Dal with rice vegetables with curry      

Amur Ashish, Pooja
Kharat and family

Krutika, Deora
Energy-giving Food

Roll no - 8 Div. Nanyal St.

Diet Chart Inauguration!





Thank You!

